

Overweight and Obesity in Idaho

Results from the 2002 Behavioral Risk Factor Surveillance System (BRFSS)

Body Mass Index

Body Mass Index (BMI) is an index based on height and weight used to categorize an adult as not overweight or obese (BMI < 25), overweight (BMI ≥ 25), or obese (BMI ≥ 30). BMI is calculated using the following formula:

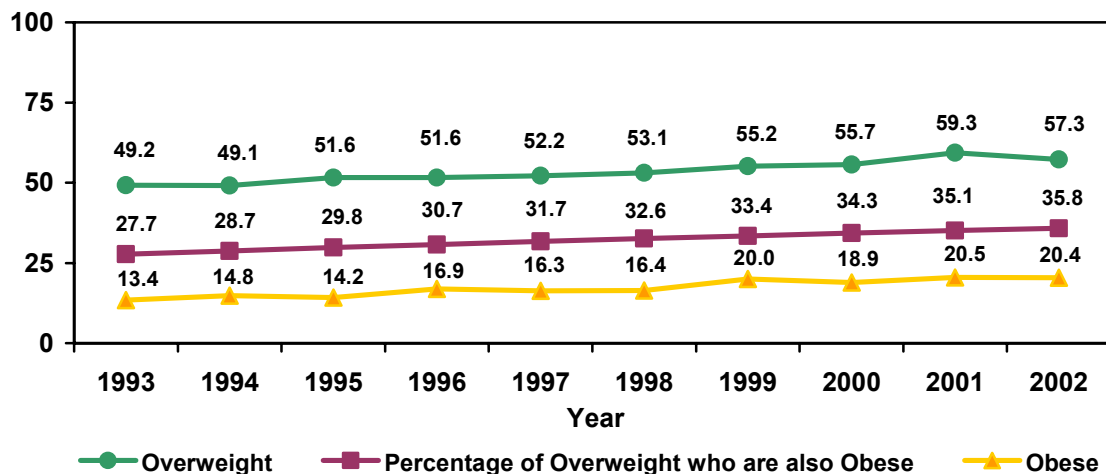
$$\frac{\text{Weight in kilograms}}{(\text{Height in meters})^2}$$

Overweight and Obesity Trends

The percentage of overweight adults who are also obese increased by 29.2 percent over the last ten years from 27.7 percent in 1993 to 38.8 percent in 2002. In 2002, while the prevalence of overweight declined for the first time since 1994 by 3.4 percent (from 59.3 to 57.3 percent), the percentage of those who were obese declined by less than one percent (from 20.5 to 20.4) and the percentage of overweight adults who were also obese increased 2.0 percent (from 35.1 to 35.8).

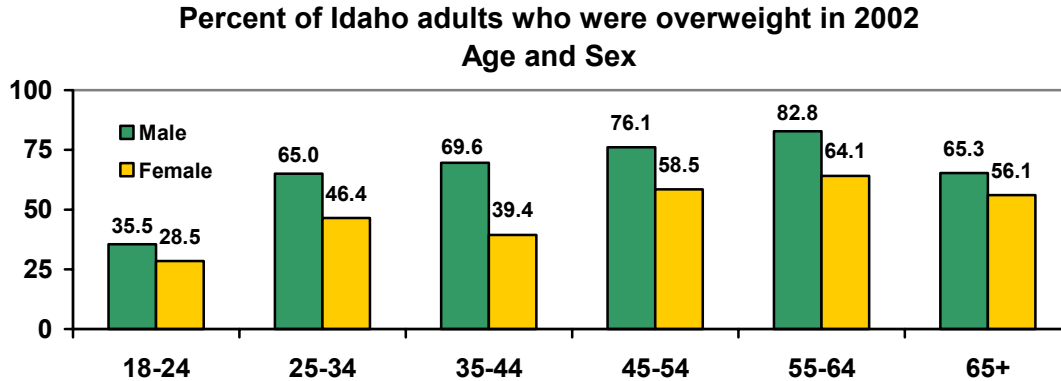
Over the last decade, the percentage of overweight adults in Idaho has significantly increased; from 49.2 percent in 1993 to 57.3 percent in 2002. The prevalence of adult Idahoans who are obese has also increased significantly since 1993 to include one out of every five Idahoans. In the last ten years, the percentage of adults in Idaho who were obese has increased by 52.2 percent from 13.4 in 1993 to 20.4 in 2002.

Percent of Idaho adults who were overweight* and/or obese
1993-2002

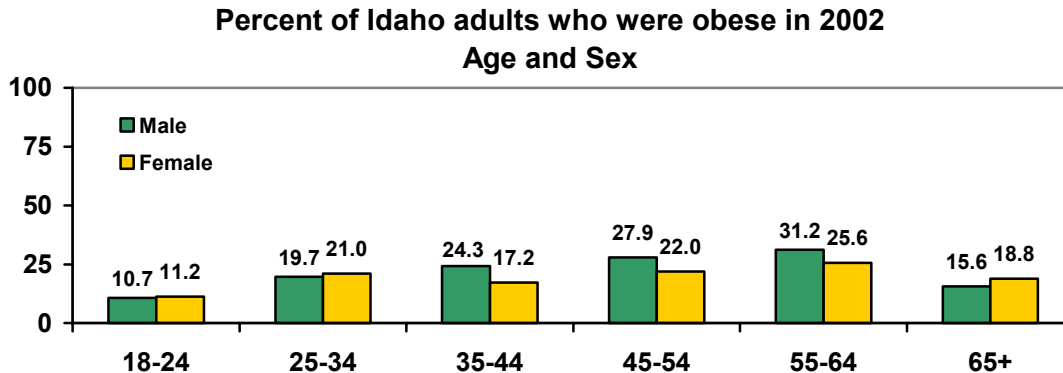


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Males were significantly more likely to be overweight (65.7 percent) than females (48.7 percent) in 2002. Idaho adults who were 18-24 were significantly less likely to be overweight (32.2 percent) and those either 45-54 (67.6 percent) or 55-64 (73.7 percent) were significantly more likely.



There were no significant differences between males (21.7 percent) and females (19.1 percent) regarding obesity prevalence in 2002. Adults 45-54 (25.1 percent) and 55-64 (28.4 percent) had a significantly higher prevalence of obesity and those 18-24 or 65 and older had a significantly lower prevalence (10.9 percent).



Idaho adults categorized as obese were over three and a half times (3.6) more likely to have received a diagnoses of diabetes than those who were not obese. This difference was significant in 2002. They were also two times more likely to have current asthma than those who were not obese and 1.8 times more likely to have arthritis.

Overweight adults were nearly two times (1.9) as likely to report their general health as less than good than those who were not overweight. In contrast, adults who were obese were two and a half times more likely (2.5) to report their general health as less than good than those were not obese in 2002.